

# The Spin



Colorado Safe Routes to School State Network

Volume 2, Issue 3

## Gearing up for Bike to School Day

Welcome to the *The Spin*, a monthly e-newsletter brought to you by the Colorado Safe Routes to School State Network. *The Spin* is designed to facilitate shared information and connections among communities and organizations interested in increasing the number of Colorado students walking and biking safely to and from school every day.

The theme of *The Spin* this month is **Gearing up for National Bike to School Day**. This issue highlights the growing success of the event and encourages individuals and organizations to [register for the May 8, 2013 celebration](#). Registration is free and open to everyone and allows users to download materials, such as stickers, certificates, badges, and classroom activities. Drawings of registrants will occur every Wednesday until the event date awarding a winner with a

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Saris bicycle parking rack.  
Examples of communities  
around the state preparing for  
this event and other Safe  
Routes to School information  
is also provided in this edition  
of *The Spin*.

## Stories from Schools

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### Safe Routes Inspires Littleton Middle School Students

This spring, 18 Euclid Middle School students in Littleton Public Schools will be participating in their first ever bike club. The students will meet for six consecutive weeks, partaking in weekly group rides that will increase in both distance and complexity. The club leader, Sue Lloyd, is a teacher, bike racer and bike enthusiast who hoped to start a bike club for years. This school year, with Euclid participating in a Safe Routes to School grant and the support of Bicycle Colorado, the timing was perfect to kick off a bike club tradition.

In addition to group rides, the students will learn basic mechanics and defensive cycling maneuvers and will also help to plan and facilitate a school-wide event during the week of [International Bike to School Day](#). They will get their peers excited about riding to school during the event with prizes, healthy snacks and a little bit of healthy competition. Euclid bike club members are sponsored by a local bike shop, Pedal, who will help to provide incentive prizes for students as well as a custom jersey for bike club members. The club members will set their own big goal – hoping to finish up their spring by riding together for 25 miles in the 2013 Elephant Rock Cycling Festival.



### Safe Routes to School Reaches North

CSU's Colorado Injury Control Research Center, the Bicycle and Pedestrian Education Coalition and the Larimer County Department of Health & Environment received a Safe Routes to School grant to bring bicycle and pedestrian education to six of their rural schools in northern Colorado. Schools included Ivy Stockwell and Berthoud Elementary Schools in Berthoud; Rice and Eyestone Elementary Schools in Wellington; Wellington Middle School; and Cache la Poudre Elementary Schools in Laporte. All students learned about the many great reasons to participate in active transportation to school and had the chance to practice either walking or biking safely. Wellington's older students had the chance to practice more advanced "tricks," such as emergency stops, looking over your

shoulder without weaving, riding slowly while maintaining balance and dodging objects. While several students admitted they prefer riding their horses than their bicycles, all seemed to enjoy the advanced bike skills course provided by Bicycle Colorado.

Upon completion of the education programs with Bicycle Colorado, the local grant recipients are working with all four schools and their parent groups to plan encouragement events for the week of May 6. Events will include a Bike to School Day, a Walking School Bus, Fire Department Safety assemblies, and after school events that will host a bike mechanic and Strap & Snap volunteers.

## The National Crosswalk

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### US Surgeon General Tune-Up

Join the Safe Routes to School National Partnership in providing feedback for the future call to action around walking. The Federal Register will be accepting public comments until the end of this month on how to improve walkability at the local, state, and national level. Comments can include community ideas or thoughtful implementations. Be sure to be a part of this unique opportunity and comment at <http://everybodywalk.org/takeaction>.

Prior to submitting feedback to the US Surgeon General, check out the *Taking Action on the Proposed Call to Action on Walking* webinar on April 16, 2013. America Walks, the CDC, and Kaiser Permanente will lead the discussion on maximizing your message to the Federal Register. For more information and to register visit <http://americawalks.org/april-16th-webinar-taking-action-on-the-proposed-call-to-action-on-walking/>.



## Cruisin' with CDOT

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### Colorado Participates in National Bike to School Day

National Bike to School Day is a month away and Colorado currently has 50 schools registered on the <http://www.walkbiketoschool.org> website! If you're not registered yet for Bike to School Day on May 8th, make sure to do so soon. It's fun, free, and easy!

Are you still on the fence about having a Bike to School Day event in your school or community? Bike to School Day events can be simple and it's ok to start small. In fact, it's possible to plan a Bike to School event in just one week. To find out how, plus other first-time tips, visit the <http://www.walkbiketoschool.org> website.



HEADS UP: CDOT is moving forward with another Safe Routes to School grant cycle for 2014. The call for Safe Routes to School projects will go out in August 2013. Stay tuned for more details or check out the CDOT Safe Routes to School

website <http://www.coloradodot.info/programs/bikeped/safe-routes> for information on applying for a grant.

## Training Wheels and Webinars

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### Webinars that Keep You Moving

On Wednesday April 17, 2013 the National Center for Safe Routes to School will host a webinar titled *Maximizing the benefits of play and outdoor time in SRTS*. Acquire knowledge on the relationship between science and how to strengthen SRTS programs in your community. The two expert speakers will also strive to provide a correlation between spending time outdoors and childhood development, including extensions in observations and safety skills. A study of families' use of greenspace is also addressed in this online workshop, along with announcing potential new partners to help children walk or bike to school.

Register for this webinar at <http://www.saferoutesinfo.org/>.

America Walks is presenting the fourth webinar in a series of six-parts later this month. This conference, *Leadership at the Top: Working with State & Local Officials to Prioritize Walking into Transportation Planning*, features the exciting endeavors of the transportation community in Tennessee. Learn how Tennessee, specifically the city of Nashville, are taking walking into consideration when planning transportation routes. Having one of the best transportation systems in the country reflects this state's passion and commitment to provide safe and accessible routes for citizens and officials want to tell you why it is so important.

To learn more and register for this webinar visit <http://americawalks.org/>

AND if you can't get enough of *The Spin*, we encourage you to subscribe to the Safe Routes to School National Partnership e-newsletter.

Subscribe at <http://www.saferoutespartnership.org/resourcecenter/enews>

## Pedaling Programs and Funding Feet

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### Healthy Incentives for Firing Up Your Feet

Register today at <http://fireupyourfeet.org> and track your school trips. More than \$3,000 worth of awards will be distributed to Colorado schools. The more participants at your school, the better your school's chances of winning awards to invest in healthy items such as new gym equipment or bike racks and other programs that help get kids active!



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*The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communities and organizations in order to lift up what is working, identify new*

opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network's steering committee include: [Bicycle Colorado](#), [Children's Hospital Colorado](#), [Colorado Department of Public Health and Environment](#), [Kaiser Permanente](#), [Littleton Public School District](#), and the [Safe Routes to School National Partnership](#). If you are interested in learning more about the network, please contact [advocacy@livewellcolorado.org](mailto:advocacy@livewellcolorado.org).

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